

Amendments to the Claims:

The following listing of claims will replace all prior versions, and listings, of claims in the application:

1-12. (Canceled)

13. (Currently Amended) An optical recording method comprising a hologram recording step in which the recording light wherein said metal is diffused in said chalcogenide glass by irradiating recording light composed of a signal beam and a reference beam is irradiated on the recording layer of an optical recording medium ~~according to claim 6,~~
wherein said recording layer includes an optical recording material which comprises at least chalcogenide glass which contains Ge and S, and metal particles dispersed in said chalcogenide glass prior to a process of recording information in said optical recording material by irradiation light, wherein the metal particles dispersed in the chalcogenide glass have a particle size of less than 35 nm, and are made of a metal which is diffusible in said chalcogenide glass by irradiation of said light, and wherein the content of said particles is at least 0.1 vol% and less than 2 vol% based on the total volume of said optical recording material,
wherein said metal is diffused in said chalcogenide glass by irradiating said recording light on the recording layer of said optical recording medium, and wherein the angle of said reference light is varied in said recording step.

14. (Canceled)

15. (Original) An optical recording method according to claim 13,
wherein said signal beam and reference beam are both light with a wavelength of at least 0.7X and less than 1.0X, where X is the wavelength of the short wavelength end of the transmitting region of said chalcogenide glass.

16-23. (Canceled)

24. (New) An optical recording method comprising a hologram recording step in which the recording light composed of a signal beam and a reference beam is irradiated on the recording layer of an optical recording medium,

wherein said recording layer includes an optical recording material which comprises at least chalcogenide glass which contains Ge and S, and metal particles dispersed in said chalcogenide glass prior to a process of recording information in said optical recording material by irradiation light, wherein the metal particles dispersed in the chalcogenide glass have a particle size of less than 35 nm, and are made of a metal which is diffusible in said chalcogenide glass by irradiation of said light, and wherein the content of said particles is at least 0.1 vol% and less than 2 vol% based on the total volume of said optical recording material,

wherein said metal is diffused in said chalcogenide glass by irradiating said recording light on the recording layer of said optical recording medium, and wherein the recording light is varied in the direction of depth of the recording layer in the recording step.